

Community Empowerment and Support Initiatives (CESI) – UK

Greenwich Nepalese / Gurkha Integration Project

**Report on Health Awareness and Healthy Living Workshop
(An interactive session on Food, Diet and Nutrition).**



Venue: Salvation Army Hall, Plumstead, London

12 March, 2014

A one day Health Awareness and Healthy Living Workshop was organised on 12th March 2014. This workshop was attended by 68 people of Nepalese/ Gurkha community, project staff, volunteers, steering committee members and CESI executive committee members. The workshop was started at 10 AM and finished at 3 PM.

Laxman Sah, Chair person of CESI welcomed the participants, resource person and provided the introduction of the project funded by The Big Lottery Fund England-Reaching Communities. Chair person explained the objectives, outcomes and the activities of the project. Mr Sah also highlighted the importance of the outcome no. 2 of the project: **“150 Gurkha elderly people per year, both men and women, will have reported improvement in their health through specialised health and healthier consultation provided by the project”**. CESI chair formally declared the workshop open.

The aforementioned three resource persons were from the Greenwich Healthy Living Services and Greenwich Co-operative Development Services, Royal Greenwich. Mr. Arka Timsina, the project Coordinator had played the role workshop facilitator including Translation and Interpretation in all three sessions of the event.

Arka Timsina also presented the workshop programme and schedule for the day. He explained the objectives of the workshop.

The objectives of the workshop were as follows.

- To inform the participants about balanced diet
- To inform participants about Greenwich Healthy Living Services
- To inform participants about Greenwich Cookery Clubs
- To answer the health related questions of the participants during Question and Answer Sessions

In the beginning of the session Mr Arka Timsina informed participants about fire exits in the building and assembly point in case of emergency as point of security. He also informed participants about the detail of the sessions and time table of the programme and facilities within the building such as toilets and kitchen.

Session 1: What do you mean by healthy food?

Resource person Ms Carole Perry of Greenwich healthy Living Service, Royal borough of Greenwich started this first session by asking participants to tell about what do you mean by the balance diet. In this brainstorming session participants list the following diet/food as balance diet.

- Eating lots of rice and meat
- Eat less meat
- Eat less chili
- Eat fish as Fish is good for health
- Eat green vegetable

- Eat more fruit
- Eat more chutney
- Eat some gey meat (a bit grey meet is good for health)
- Eat some hot and sour food
- Eat less salt
- Eat less fat

Discussions on the session were conducted to understand the balance diet. Participants had mixed idea balance diet. Majority of them had expressed that we know the fruit and vegetables are good for health, but do not know what is actually a balance diet. How much to eat?, and how many time we have to eat?.

Session 2: the eat Well Plate

What is a healthy diet and what are the benefits?



Ms Carole Perry begun this session by explaining about healthy food choice with the help of a large eat well plate poster tapped on wall. Perry mentioned that eating healthy

diet keep us healthy. Eating a balanced and varied diet is an important part of being healthy and feeling good.

1. Fruit and Vegetables

Carole Perry, the resource person said that Fruit and vegetable must occupy 30% of our plate in a day. Eat plenty of fruit and vegetables. Aim for at least five different kinds of fruit and vegetables every day.

Eat plenty of fruit and vegetables – aim for at least five portions of a variety of fruit and vegetable a day

2. Bread, rice, potatoes, pasta, and other starchy foods

Perry said that bread, rice, potatoes, pasta, and other starchy foods must occupy 30% of our plate in a day. Eat plenty of these starchy, fibre-rich foods, which should form the main part of every meal.

Eat whole meal flour, whole meal rice, red rice, whole potatoes without peeling the potatoes, whole grain corn flake. Eat rice or cereals or starchy food two times a day but it must be about 30% of your plate.

Always look at the eat well plate for more information on how to have a healthy, balanced diet. Plenty of foods rich in starch and fibre.

Fibre-rich foods include wholegrain or brown types of starchy foods such as bread, rice, pasta and breakfast cereals. Other good sources of fibre are potatoes, oats, beans, peas, lentils, fruit and vegetables.

Eating foods containing fibre could be good for your digestion. Constipation tends to become more of a nuisance as you get older, but fibre-rich foods can prevent constipation and other digestive problems.

Don't buy raw bran and sprinkle it on your food to increase your fibre as this may prevent your body absorbing some important minerals.

3. Meat, fish, eggs, beans, and other non-dairy sources of protein

Meat, fish, eggs and beans are source of proteins, vitamins and minerals that our body needs.

- Choose lower fat meat
- 2-3 portions a day of meat, fish, eggs, and beans (lentils-dal)
- Try oily fish at least a week. (e.g Salmon, Cod, Tuna fish)
- 2 eggs a day- one egg is one portion
- some meat, fish, eggs, beans and other non-dairy sources of protein – try to eat at least two portions of fish a week, including a portion of oily fish

4. Milk and dairy foods

Dairy products are the source of calcium, protein and vitamins.

- Eat reduced fat dairy products
- Milk- Drink Red Cap or Green Cap milk only. Blue cap milk contains high fat so avoid drinking blue fat milk.
- Yoghurt- Eat only low fat or fat free Yoghurt

Drink a tea glass dairy products a day (red or green cap milk or fat free/low fat Yoghurt three times a day).

5. Food and drinks high in fat and/or sugar

Take precaution. Do not eat biscuits; do not drink coca cola, carbonated drinks, juice with added sugar.

Try just a small amount of foods and drinks that are high in fat or sugar- Only in party

Session 3: Foods rich in Iron and calcium

Eat Iron-rich foods

Iron is important for our general health. A lack of iron can make us feel as though we have no energy, so include some iron-rich foods in your diet.

The best source of iron is lean red meat. However, if you eat more than 90g (cooked weight) of red and processed meat a day, the Department of Health advises that you cut down to 70g.

Iron is also found in pulses (such as peas, beans and lentils), oily fish such as sardines, eggs, bread, green vegetables and breakfast cereals with added vitamins.

Liver is a good source of iron. However, be careful how much liver you eat as it's also rich in vitamin A, too much of which can be harmful.



Participants and facilitators are discussion about food nutrition

Eat Calcium-rich foods

Osteoporosis is a major health issue for older people, particularly women. It happens when your bone density decreases, which raises your risk of fractures. It's important to have calcium in your diet to keep your bones healthy.

Eating calcium-rich foods can help you avoid osteoporosis. Good sources include dairy products such as milk, cheese and yoghurt. Choose lower-fat varieties when you can or eat higher-fat varieties in smaller amounts.

Calcium is also found in canned fish with bones such as sardines, green leafy vegetables such as broccoli and cabbage (but not spinach), soya beans.

Session 4: A Word on Salt

Eating too much salt can lead to high blood pressure which increases risk of heart diseases and stroke.

Eat less salt

Many of us in the UK eat too much salt. Too much salt can raise your blood pressure, which puts you at increased risk of health problems such as heart disease or a stroke. Try to have less than 6g of salt a day. 6 gram salt is equivalent to 1 tea spoonful.

Most of the salt we eat is already in foods such as cereals, bread, tinned soups and other ready-prepared foods.

- Cut down on salt containing snacks such as crisps, salted nuts and savory biscuits.
- Eat fewer processed foods like burgers, sausages, pies, fried chicken, pizza as they often contain high salt.

Check food labels before you buy and choose ones that contain less salt. Don't add salt to your food when cooking and at the table.

- Learn to read food labels to help you choose food with less salt.
- Use less salt/stock cubes/seasoning in cooking and measure the salt so you can control the amount of salt.
- Cutting down salt gradually
- Use herbs and spices to add extra flavor to your food.

Note: Read labels carefully to know the composition of a food product. Per 100 gram of sugar, salt and fat

Session 5: Free Community Cookery Clubs

Ms Carole Perry informed the participants that "Greenwich Healthy Living Services runs a free 5 week course to learn about eating healthy at different 8 places within the Royal borough of Greenwich.